The 4 Skin Ailments

Destiny S. Harris

Copyright © 2017 Destiny S. Harris. All rights reserved. *Thank you for reading this book.*

Table of Contents

Health Disclaimer 3

Introduction 4

Background Information 8

Chapter 1: Acne 15

Chapter 2: Eczema 28

Chapter 3: Psoriasis 41

Chapter 4: Stress 53

Health Disclaimer

This book is for informational purposes only and is not intended as medical advice. Always consult a qualified healthcare professional before starting any new treatment, supplement, or lifestyle change, especially if you have existing medical conditions or are taking medication. Individual results may vary.

Introduction

Ever since I was a kid, I struggled with different skin ailments which include dry skin, eczema, acne, dermatitis, skin inflammation, and psoriasis; moreover, treating and alleviating these issues required frequent doctor and dermatologist visits.

One day, I decided I no longer wanted to be *primarily* dependent on doctors and skin medications; the consistent dependence on these resources seemed unreasonable, and I knew I could experience healthy skin without them. My goal ever since that moment has been to find answers to eradicate my skin issues, naturally, which is what I discuss in this book.

Often, the issues we deal with in regard to our bodies can be eliminated by a change in diet,

product, routine, or natural supplementation (especially if we give the healing process enough time).

Things to Remember:

1. Avoid getting stressed out about your skin while you are in the process of healing and searching for the *right* answers for your body.

Stress is often one of the most common causes for skin conditions and can often worsen current skin conditions.

2. Remember, everything in this book I have tried myself, and you can only learn if something works for you by both: trying it out and giving it *time* to register with your body. My suggested timelines to evaluate how your body reacts to any product, dietary change, or supplement is listed as follows:

1. Overnight

2. Within 3 days

3. Within 1-6 weeks

These timelines should be considered when evaluating how a technique, food, product, herb, or vitamin/mineral affects your body internally and externally. Different things respond at varied timeframes because everyone has a unique body.

If you plan to introduce any supplements into your diet or any topical products, always take into consideration your skin type and any known or unknown allergies you may have. It is best to try things in *trace* amounts to see how your body responds to it before introducing something in hefty amounts (without knowing how your body will respond to it). Remember, just because one thing works for one person does not mean that it

will work perfectly for you; trial and error are key when it comes to learning your body.

A lot of information in this book is applicable to each of the four skin ailments, so you will see consistent overlaps of information in each section, but with variations.

This book has been created to utilize as a reference guide for any of these four issues you may face. I encourage readers to go directly to the chapters or sections they identify with most. And don't forget to keep the faith because complete healing is always right around the corner. Enjoy!

Background Information

Acne

Some of the symptoms of acne entail: bumps, blackheads, whiteheads, cysts, and pimples. Acne can occur on different parts of the body such as the: face, back, and chest.

Acne can often come about from hormone changes, stress, diet, seasonal changes, health and beauty care products, etc. Each case of acne is not the same from person to person because everyone's bodies are unique and different.

Sometimes acne can be caused simply by a vitamin or mineral deficiency. Other times, acne can be caused by dirty cell phones or not washing your pillowcase often enough. If you are active and do not wash your face immediately after working out, dirt can build up and cause a breakout. Constantly having your hair in your

face (especially if it's dirty) can cause acne as well. The possibilities for acne are endless and could also be caused by non-external factors.

If you are struggling with any of the symptoms listed in this section, then continue to read chapter 1 to see what changes you can incorporate into your lifestyle today to mitigate and hopefully eliminate your acne.

Eczema

Some of the symptoms of eczema entail: dry, itchy, flaky, and red skin. Eczema can be very uncomfortable, and can cause normal everyday tasks (e.g. cleaning, washing hands, swimming, moving parts of the body that are eczema laden, etc.) to be difficult if the eczema is that severe.

As I have experienced, eczema can easily be treated with various medications such as steroid

creams, but I have found healthier and more natural ways to treat eczema.

If you are struggling with any of the symptoms listed in this section, then read chapter 2 to see what actions you can take from here to improve and hopefully eradicate your eczema.

Psoriasis

Psoriasis often involves silver or white colored lesions which can be itchy, uncomfortable, and painful. Psoriasis is not the same for everyone, but it often produces thick and flaky plaques of skin on different parts of the body. Cases of psoriasis can occur pretty much anywhere on the body and affected areas can often merge together and create bigger affected areas of psoriasis. I have dealt with psoriasis on my scalp (which was the absolute worst!). Psoriasis can be hard to treat and stubborn to get rid of. The best thing to do is

to avoid scratching, build your immune system, and eat clean and nutrient dense foods.

If you start to notice any form of psoriasis on your body, it is extremely important that you ***act immediately*** *to mitigate the situation before it gets out of control. The best actions to take immediately when dealing with psoriasis include:*

1. Lower your stress levels

2. Clean up your diet (completely)

3. Hydrate

4. Eat very nutrient dense foods

Some cases of psoriasis will indeed require professional medical attention, but if your psoriasis has not escalated, then you can usually take the matter in your own hands.

Stress

There is not one form of stress. Stress can come in many different forms: mental, emotional, physical, spiritual, etc. Furthermore, all forms of stress (whether positive or negative) *do* affect your body; sometimes we notice how stress affects us and other times we don't. However, if you are having any type of skin issue, aside from all the other possible variables that could have caused it, stress (which usually leads to a weaker immune system) is most likely one of the culprits.

Skin problems can often occur when our immune systems are in a weaker state, and often stress is the root cause of a weak immune system. Stress not only weakens the immune system though; stress can cause skin conditions and can also perpetuate skin conditions. Stress is one of the most underrated causes of illness (and not just for the skin). The reason I listed stress as the fourth skin ailment is because people often

underestimate how powerful of an effect stress can have on the body and the skin.

One of the best things you can do for your skin and health is: eliminate as much stress from your life as possible. This not only suggests becoming healthier internally and externally but tackling some other areas of your life that may be causing you unnecessary stress.

Final Notes: In each chapter, I will be mentioning different vitamins, minerals, and herbs that you can take to help you with any of these four skin ailments. I want to inform you that a lot of the ways I get in these different elements are in the form of capsules, topical oils, food, teas, and tinctures. You must decide which form is best for you. Some things I prefer to ingest in tincture form versus capsule form; and some herbs (e.g. Pau d'Arco) I enjoy drinking in tea form. Choose what works best for you.

In each chapter, the basic routine section lists some useful suggestions you can implement into your regular lifestyle.

Chapter 1: Acne

Acne is one of the most common skin ailments that not only affects teenagers, but adults as well. Often, adult acne is stress and diet related, but there are also many other causes for acne. Finding the culprit of your acne may take time, but it does not have to be hard.

In this chapter I provide a basis of some useful changes you can incorporate today without spending a dime. You may even have some of the things that I list in this chapter in your own home.

If you are trying to save a buck but want to try something out first without purchasing the product, then ask your friends, neighbors, or family members if they have any of the products I list in this chapter and the chapters that follow (you can also buy small doses or obtain samples to try things out first).

Basic Routine:

Wash face 1-2xs/day - Whenever you have an issue going on with your skin, you want to ensure that you are not constantly *tampering* with that area of your skin. Whenever there is an issue going on with your skin you want to give it as much time to heal and as much breathing room as possible. Wash your face as needed and not too often; the goal is to ensure your face is clean throughout the day—not dry or over-washed.

Always moisturize – Always ensure that your face is moisturized; a dry face can lead to even more acne. Give your face the moisture it needs by moisturizing each time you wash your face.

Your skin should always feel *comfortable* and never tight due to dryness. Find a gentle and natural moisturizer with as few ingredients as possible.

Touch Less – Instead of popping, picking, or tampering with any acne, it is best to leave it alone. Tampering with your acne can increase the chance of more breakouts and the chance of scarring.

Sauna/Steam room - If you have access to a dry or wet sauna/steam room then it is a good idea to utilize it. Saunas promote sweating which helps detoxify the skin and rid the body of toxins. If your skin is inflamed, aim to go to the sauna just once or twice a week. If your skin is not inflamed, then you can go more often; I sometimes go to the sauna every day. When I have any issues going on with my skin I do not go to the sauna as often because of the heat and sweat but going once a week is a good baseline to help promote the healing of your skin faster.

Exfoliate – It is a good rule of thumb to exfoliate your skin at least once a week with some sort of

gentle and all-natural facial mask. There are many good face masks to utilize.

Find which one is best for you but remember the goal of exfoliation is to clean out your pores and not *add* anything into it necessarily. I try to ensure I use facial masks that have little to no ingredients in them so I can focus solely on exfoliation. A good mask to try out is Aztec healing clay (it's quite economical in price too).

Makeup – If you use any sort of makeup, consider taking a break to give your skin time to breathe and heal. Many people resort to using makeup to cover up blemishes, but makeup can clog pores and aggravate acne. If you feel like you *must* use makeup, aim for more natural makeup products.

Water – You must have heard this before, and you will now hear it again from me: DRINK

WATER…LOTS OF IT! Water does so many things for your skin and body:

1. It gets rid of toxins

2. It helps keep your skin moisturized

3. It prevents you from feeling tired and stressed

4. It helps you stay full and ward off cravings

5. It helps to keep your skin fresh

6. It helps the body function at its best and so much more (considering your body is made up of about 75% water this makes sense)!

Eat Greens - Eat **a lot** of leafy greens. Aim to get in 5-6 servings of veggies daily; this can be attained by eating veggies with *every* meal *and* snack you eat in any given day. I guarantee you

will notice a difference in how your body looks and feels.

Multivitamin – Most of the foods that we eat today do not incorporate all the nutrients that our bodies need. It can be helpful to incorporate a natural multivitamin to ensure you get all the nutrients your body requires.

Rest – Sleep is one of the most important things that you can do for yourself. Some people need more sleep than others, so listen to your body to determine how much sleep you require. Also, taking short naps throughout the day is an energizing practice.

Decrease: Makeup usage, shaving, using heavy perfumes, using harsh detergents and soaps.

Dietary Suggestions:

- Eat fewer carbs and more vegetables; decrease (or *temporarily* eliminate) the routine consumption of processed grains.

- Eat a diet high in fiber which can help rid the body of toxins and maintain a healthy digestive tract.

- Avoid Ingesting (in large/excess amounts): processed foods, sugar, iodine, salt, fatty foods, fried foods, caffeine, gluten, dairy (if you have any sensitivities), and very spicy foods.

It is essential to remember that life should be enjoyed and lived in moderation. If you feel deprived of something, then you *may* be (sometimes it can simply be cravings though). Eating and ingesting your favorite foods are okay in small to moderate amounts; however, sometimes it is best to completely eliminate certain foods temporarily.

Vitamin/Mineral Treatment:

Chromium – Helps to reduce infections of the skin.

Probiotics – Replenish essential bacteria to reduce breakouts and contribute to the health of the intestinal tract and the immune system; probiotics are *beneficial* bacteria that help fight against sickness and illness.

Taking probiotics on a regular basis will inevitably lead to keeping your intestines clean but also help treat acne and other skin ailments. If you are taking antibiotics for acne, then probiotics can help re-balance the good bacteria after the bad bacteria are destroyed from the antibiotics.

Note: Drinking a shot of apple cider vinegar also acts as a natural probiotic.

Vitamin A (Beta-carotene) - Protects skin from radical damage.

Vitamin B Complex - Promotes wound healing and helps maintain a healthy skin tone.

Vitamin C - Promotes the healing of wounds, bruises, and scar tissue.

Vitamin D – Promotes healing and tissue repair.

Vitamin E - Aids in replacing cells on the skin's outer layer.

MSM (Methylsulfonylmethane) - Promotes collagen production and the production of new skin; it also helps wastes and toxins properly flow out of the body.

Niacin - Aids in circulation and increases the supply of fresh healthy blood to the surface of the skin.

Zinc - Aids in growth and repair of badly blemished skin; it also acts as an immune system booster.

Herbal/Natural Treatment + Immune System Boosters:

Astragalus – Strengthens immune system and helps fight disease; promotes resistance to disease.

Burdock – Antioxidant; helps cleanse the blood and liver of toxins; strengthens the immune system and relieves skin irritation.

Dandelion – Enhances liver function (the liver rids the body of toxins), digestive aid.

Chlorophyll – Antioxidant; helps prevent infections.

Cinnamon – Helps maintain normal glucose levels, digestive aid.

Garlic – Destroys bacteria and strengthens the immune system; detoxifies the body; digestive aid; anti-inflammatory; helps control growth of yeast & fungus; purifies the body.

Ginger – Anti-inflammatory & digestive aid.

Lavender – An anti-stress essential oil; a natural antiseptic and antibiotic.

Lemon – Promotes healing, energy, and vitality.

Pau d' Arco – Fights bacterial, fungal, parasitic, and viral infections; cleanses blood; good for candida.

Rosemary – Antioxidant; helps detoxify liver; antiseptic; fights bacteria.

Turmeric – Antioxidant; fights free radicals; protects liver against toxins; antibiotic properties; anti-inflammatory.

Topical Treatment:

1. Tea Tree Oil - This substance has antifungal, antiviral, and anti-acne properties and has been utilized to aid in the treatment of candida. Be careful to not use too much on dry or sensitive skin.

Tea tree oil is a natural alternative to benzoyl peroxide (acne fighter). There are many products that incorporate tea tree. If you notice your skin starts to dry out from using tea tree, then take a day or two off from it or use tea tree every other day. Rosemary is a great alternative and gentler on the skin than tea tree oil.

Ensure that you moisturize your skin daily as well.

2. Apple Cider Vinegar – A natural antiseptic and facial toner.

The most important thing you can do for yourself while you let your skin heal is to be patient, take every *helpful* action you can to improve your acne, and then let go. Don't let your acne become the driving factor of your life or more important than enjoying your everyday life. Always remember that you are *more* than your *skin*. Your skin does not define you, unless you let it.

Chapter 2: Eczema

Eczema is another common skin condition that many people face. Scaly, dry, and even patchy skin is often associated with eczema. Eczema can be a very uncomfortable skin condition that persists if not treated correctly. If you are suffering from eczema, some of the biggest suggestions I encourage you to implement immediately include:

1. Drink a gallon of water each day.

2. Eat as many greens vegetables as you can each day.

3. Temporarily eliminate any processed foods and sugars out of your diet.

When you are struggling with eczema, your skin is dry and oftentimes *very* itchy, and the

dryness/itchiness can worsen depending on the conditions you put your skin in. If you can, shower only once a day or every other day. Be sure that you utilize all gentle products for your entire body.

Furthermore, make sure the hand soap and even the soap you wash dishes with is gentle and natural. Whenever you wash your hands, you are stripping away moisture from your skin, so you want to make sure that you are not worsening the condition of your eczema by using harsh soaps and detergents (e.g. laundry).

Basic Routine:

Wash face 2xs/day - Whenever you have an issue going on with your skin you want to ensure that you are not constantly *tampering* with that area of your skin; you want to give it as much time to heal and as much breathing room as possible. Wash your face as needed and not too

often; the goal is to ensure your face is clean throughout the day.

Always moisturize – Always ensure that your face and body are moisturized. A good habit to incorporate is to moisturize your entire body as soon as you get out of the shower; this is also a great time to moisturize because your body is still a little damp which means it can absorb your moisturizer more efficiently.

Often, dry skin can lead to even more eczema. Give your face and body the moisture it needs by moisturizing whenever you feel dry. Your skin should always feel *comfortable*, never tight (due to dryness).

Find a gentle and natural moisturizer with as few ingredients as possible. I have been using Cerave and Cetaphil for years, and it has worked excellently for me. Alaffia is a more natural

moisturizer with fewer ingredients that gets the job done equally well.

Touch Less – Instead of scratching, touching, and doing any kind of tampering with your eczema, it is best to leave it completely alone. Tampering with your eczema can increase the time it takes for your eczema to heal.

Makeup – If you have eczema on your face, and still use any sort of makeup, consider taking a break to give your skin time to breathe and heal up first. Many people resort to using makeup to cover up any skin discrepancies, but makeup can aggravate eczema. If you feel like you *must* use makeup, then aim for more natural makeup products.

Water – You must have heard this before and you will now hear it again from me: DRINK WATER…LOTS OF IT! If your skin is dry,

drinking water can help hydrate the skin. Water does so many things for your skin and body:

1. It gets rid of toxins

2. It helps keep your skin moisturized

3. It prevents you from feeling tired and stressed

4. It helps you stay full and wards off cravings

5. It helps to keep your skin fresh

6. It helps the body function at its best

7. It hydrates the skin

8. And so much more (considering your body is made up of about 75% water this makes sense)!

Eat Greens - Eat a lot of leafy greens, and when I say, “a lot”, I mean a lot! Aim to get in 5-6

servings of veggies daily OR aim to eat veggies with *every* meal *and* snack you eat in any given day. I guarantee you will notice a difference in how your body looks and feels. Eating veggies also ensures that you get the nutrients your body and skin needs.

Multivitamin – Most of the foods that we eat today do not incorporate all the nutrients that our bodies need. It can be helpful to incorporate a natural multivitamin to ensure that you get in all the nutrients your body requires.

Rest – Sleep is one of the most important things that you can do for yourself. Some people need more sleep than others, so listen to your body to determine how much sleep you require. Also, taking short naps throughout the day can be very energizing.

Decrease: Makeup usage, shaving, using heavy perfumes, using harsh detergents and soaps.

Dietary Suggestions:

- Eat fewer carbs and more vegetables; decrease (or *temporarily* eliminate) the routine consumption of processed grains.

- Eat a diet high in fiber which can help rid the body of toxins and maintain a healthy digestive tract.

- Avoid Ingesting (in large/excess amounts): processed foods, sugar, iodine, salt, fatty foods, fried foods, gluten, caffeine, dairy (if you have any sensitivities), and very spicy foods.

It is essential to remember that life should be enjoyed and lived in moderation. If you feel deprived of something, then you *may* be (sometimes it can simply be cravings though).

Realize that eating and ingesting your favorite less healthier foods is okay in small to moderate amounts. However, sometimes, it may work best for your body to eliminate these foods altogether temporarily.

Vitamin/Mineral Treatment:

Probiotics – Replenish essential bacteria to reduce outbreaks and contribute to the health of the intestinal tract and the immune system; probiotics are *beneficial* bacteria that help fight against sickness and illness.

Taking probiotics on a regular basis will inevitably lead to keeping your intestines clean but also help treat skin ailments.

Probiotics often help fight allergies that lead to eczema.

Vitamin A (Beta-carotene) – Helps to maintain smooth skin and helps prevent dry skin as well.

Vitamin B Complex - Promotes wound healing; it helps maintain a healthy skin tone and circulation throughout the body.

Vitamin C - Promotes the healing of wounds, bruises, and scar tissue.

Vitamin D – Helps to heal skin tissue.

Vitamin E – Helps mitigate itchiness and dry skin.

MSM (Methylsulfonylmethane) - Promotes collagen production and the production of new skin; it helps wastes and toxins properly flow out of the body.

Niacin - Aids in circulation and increases the supply of fresh healthy blood to the surface of the skin.

Essential Fatty Acids (Omega 3s) – Help lubricate the skin.

Zinc – Helps heal the skin; it is an immune system booster.

Herbal/Natural Treatment + Immune System Boosters:

Astragalus – Strengthens immune system, helps fight disease, and promotes resistance to disease.

Burdock – Is an antioxidant; it helps cleanse the blood and liver of toxins; it strengthens the immune system; lastly, it relieves skin irritation.

Chamomile – Helps reduce inflammation.

Dandelion – Enhances liver function (the liver rids the body of toxins); it functions as a digestive aid.

Chlorophyll – Is an antioxidant; it helps prevent infections.

Garlic – Destroys bacteria and strengthens the immune system; it detoxifies the body; it acts as a digestive aid; it is an anti-inflammatory; it helps control growth of yeast & fungus and purifies the body.

Ginger – Is anti-inflammatory & digestive aid.

Lavender – Is an anti-stress essential oil; it is also a natural antiseptic and antibiotic.

Lemon – Promotes healing, energy, and vitality.

Licorice Root – Reduces inflammation of the skin; it combats different types of dermatitis; it

helps mitigate stress and allergies; it also improves liver function.

Pau d' Arco – Cleanses blood, and fights allergies that cause eczema.

Rosemary – Is an antioxidant; it helps detoxify liver; it reduces inflammation of the skin (e.g. eczema).

Turmeric – A powerful antioxidant; it fights free radicals and protects the liver against toxins; antibiotic properties are found in turmeric; it is anti-inflammatory; it has also been shown to have similar effects to hydrocortisone.

Topical Treatment:

Moisturizer – Choose a moisturizer that is light and thick enough to where you do not have to moisturize as frequently throughout the day. (e.g.

Cerave and Cetaphil are solid moisturizers that last).

The most important thing you do for yourself while you let your eczema heal is to be patient, take every *helpful* action you can to improve your eczema, and let go. Also, *DON'T SCRATCH!* Scratching prevents and stalls the natural healing process for your skin.

Try not to focus on your eczema; instead, continue to enjoy life each day. It is important to participate in fun activities with people you enjoy being around on a regular basis; this will prevent you from focusing on your eczema.

Chapter 3: Psoriasis

Descriptive words for psoriasis include dry, patchy, scaly, flaky, white/silver, red, itchy, uncomfortable, intense, and painful.

Dealing with psoriasis can be tricky because the area affected by the condition is often very inflamed. It is best to only touch the affected areas when applying medication or moisturizer to treat it. I also definitely suggest decreasing your skin's exposure to water (except for the very basic one shower a day and regular washing of your hands).

It is also important that you eliminate as much stress from your life as possible; prolonged stress can often weaken the immune system, and overtime having a weak immune system can lead to skin breakouts. Be sure to keep your immune system strong.

Here is a list of actions you can take *right* now to help improve your psoriasis:

1. Drink a gallon of water each day or what is proportional to your weight.

2. Eat as many greens vegetables as you can each day.

3. Temporarily eliminate any processed foods and sugars out of your diet; eat clean foods.

Basic Routine:

Wash face 2xs/day - If you have psoriasis on your face, ensure that you only wash your face as needed. Also, ensure that you are keeping your face moisturized. Use *gentle* foaming cleansers and *gentle* moisturizers.

Always moisturize – Always ensure that your face and body are moisturized. A good habit to

incorporate is to moisturize your entire body as soon as you get out of the shower; this is also a great time to moisturize because your body is still a little damp which means it can absorb your moisturizer better. If you do not moisturize after you take a shower, you risk perpetuating your psoriasis by keeping your skin in a dry state; give your face and body the moisture it needs by moisturizing whenever you feel dry and every time you take a shower. Your skin should always feel *comfortable* and never tight due to dryness. Find a gentle and natural moisturizer with as few ingredients as possible to use to promote healing for your skin.

Touch Less – Instead of scratching, touching, and doing any kind of tampering with your psoriasis, it is best to leave it alone to expedite the healing process.

Makeup – If you have psoriasis on your face, and still use any sort of makeup, consider taking

a break to give your skin time to breathe and heal. Many people resort to using makeup to cover up "flaws", but makeup can *severely aggravate* your psoriasis.

Water – DRINK WATER…LOTS OF IT! If your skin is dry, drinking water can help hydrate the skin. Water does so many things for your skin and body:

1. It gets rid of toxins

2. It helps keep your skin moisturized

3. It prevents you from feeling tired and stressed

4. It helps you stay full and ward off cravings

5. It helps to keep your skin fresh

6. It helps the body function at its best

7. It hydrates the skin

8. And so much more (considering your body is made up of about 75% water this makes sense)!

Eat Greens - Eat a lot of leafy greens. Aim to get in 5+ servings of veggies daily OR aim to eat veggies with *every* meal *and* snack you eat in any given day. I guarantee you will notice a difference in how your body looks and feels. Eating veggies also ensures that you get the nutrients your body and skin needs.

Multivitamin – Most of the foods that we eat today do not incorporate all the nutrients that our bodies need. It can be helpful to incorporate a natural multivitamin to ensure that you get all the nutrients your body requires.

Rest – Sleep is one of the most important things that you can do for yourself. Listen to your body

to determine how much rest you should get each day.

Decrease or Eliminate: Makeup usage, shaving, using heavy perfumes, using harsh detergents and soaps.

Dietary Suggestions:

- Eat fewer carbs and more vegetables; decrease (or *temporarily* eliminate) the consumption of processed grains on a regular basis.

- Eat a diet high in fiber which can help rid the body of toxins and maintain a healthy digestive tract.

- Avoid ingesting (in large/excess amounts): processed foods, sugar, iodine, salt, fatty foods, fried foods, gluten, caffeine, dairy (if you have any sensitivities), and very spicy foods.

Vitamin/Mineral Treatment:

Probiotics - Replenish essential bacteria for the body. They also contribute to the health of the intestinal tract and the immune system; probiotics are *beneficial* bacteria that help fight against sickness and illness. Taking probiotics on a regular basis will inevitably lead to keeping your intestines clean but also help treat skin ailments.

Vitamin A (Beta-carotene) - Helps to maintain smooth skin and prevents dryness.

Vitamin B Complex - Helps the body with wound healing, maintaining a healthy skin tone, and promotes good circulation throughout the body.

Vitamin C - Promotes the healing of wounds, bruises, and scar tissue.

Vitamin D - Helps to heal skin tissue.

Vitamin E - Helps mitigate itchiness and dry skin.

MSM (Methylsulfonylmethane) - Promotes collagen production and the production of new skin; it also helps wastes and toxins to properly flow out of the body.

Niacin - Aids in blood circulation and increases the supply of fresh healthy blood to the surface of the skin.

Essential Fatty Acids (Omega 3s) - Help lubricate the skin.

Zinc - Helps heal the skin; it functions as an immune system booster.

Herbal/Natural Treatment + Immune System Boosters:

Astragalus - Strengthens the immune system and helps fight disease; it also promotes resistance to disease.

Burdock - Is an antioxidant; it helps cleanse the blood and liver of toxins; it also strengthens the immune system and relieves skin irritation.

Cayenne Pepper - Helps reduce symptoms of psoriasis; it also relieves inflammation.

Chamomile - Helps reduce inflammation; it soothes skin irritations.

Dandelion - Enhances liver function, functions as a digestive aid.

Chlorophyll - Is an antioxidant which also helps prevent infections to the body, immune system booster.

Garlic - Destroys bacteria; it strengthens the immune system; it also detoxifies and purifies the body and acts as a digestive aid; it functions as anti-inflammatory substance; lastly, it helps control the growth of yeast & fungus.

Ginger - Is an anti-inflammatory root & digestive aid.

Lavender - Is an anti-stress essential oil. It is also known to be a natural antiseptic and antibiotic.

Lemon - Promotes healing, energy, and vitality.

Licorice Root - Reduces inflammation of the skin and combats different types of dermatitis. This root also helps mitigate stress and allergies; it also improves liver function.

Oil of Oregano - Is an immune system booster, anti-fungal agent, antiseptic, and anti-inflammatory; it also helps heal skin wounds.

Pau d' Arco - Is an immune system booster, anti-inflammatory agent, and antioxidant that cleanses the blood; it helps fight bacteria (candida) as well.

Rosemary - Is an antioxidant that helps detoxify the liver; it also helps reduce skin inflammation.

Turmeric - Is a powerful antioxidant that fights free radicals, protects the liver against toxins, has antibiotic properties, functions as an anti-inflammatory, and has been shown to have similar effects to hydrocortisone.

Topical Treatment:

1. Moisturizer – Choose a moisturizer that is light and thick enough to where you do not have

to moisturize as frequently throughout the day. (e.g. Cerave and Cetaphil are solid moisturizers that last).

2. Medication – For severe psoriasis you may want to consult a doctor, but if you only want to use natural products, try some of the things I listed in this section; you can also find more remedies by doing some of your own research.

Chapter 4: Stress

Stress is the last of the four skin ailments. If you are struggling with any of the previous skin ailments, then this is the other one you need to address while you simultaneously tackle the three-previous skin conditions.

Basic Routine - PCP (Personal Care Plan):

Walk – Walking is meditative, rejuvenating, calming, and healing. Often, you can solve problems that you have been pondering and struggling to solve by simply taking a walk in the fresh air. Even a five to ten-minute walk can do a lot of good.

Exfoliate – It is a good rule of thumb to exfoliate your skin at least once a week with some sort of gentle and all-natural facial mask or scrub. There are many good face masks to utilize. Find which one is best for you and remember the goal of

exfoliation is to clean out your pores --not *add* anything into it.

I try to ensure I use facial masks that have little to no ingredients in them so I can focus solely on exfoliation. A good mask to try out is: Aztec healing clay (it's quite economical in price too). There are many make-at-home facial masks that require ingredients you may already have at home as well.

Exercise – Ensure you are getting different types of exercise in multiple times per week that include strength training, cardio, stretching, resistance training, and balance training. Exercise is the best drug for your body -- plus it's *free.*

Water – DRINK WATER…LOTS OF IT!

Eat Greens - Eat a lot of leafy greens, and when I say "a lot" I mean a lot! Aim to get in 5-6 servings of veggies daily OR aim to eat veggies

with *every* meal *and* snack you eat in any given day. I guarantee you will notice a difference in how your body looks and feels. Eating veggies also ensures that you get the nutrients your body and skin needs.

Eat Healthy – You don't have to eat perfect but incorporating healthier choices into your lifestyle helps reduce stress in and on your body. Incorporating healthier choices into your lifestyle can be as simple as swapping white or enriched flour bread for 100% whole wheat bread.

Multivitamin – Most of the foods that we eat today do not incorporate all the nutrients that our bodies need. Hence, it can be helpful to incorporate a natural multivitamin to ensure you get all the nutrients that your body requires.

Rest – Sleep is one of the most important things you can give yourself. Sleep is an excellent stress-reliever. Sometimes when I am feeling

stressed, I will sleep for extended periods of time, and this usually mitigates my stress levels.

Dietary Suggestions:

1. Eat less sugar and processed foods.

2. Eat a meatless meal on a weekly basis to give your digestive system a break.

3. Hydrate.

Vitamin/Mineral Treatment:

Probiotics - Contribute to the health of the immune system; they are beneficial bacteria that help fight against sickness and illness.

Vitamin B Complex – Increases mental function; reduces stress.

Vitamin C - Is good for immunity.

Zinc – Is good for immunity.

Herbal/Natural Treatment + Immune System Boosters:

Ashwagandha – Helps to restore vitality, mental function, and energy; it also reduces stress in the body.

Astragalus – Strengthens the immune system, helps fight disease, and promotes resistance to disease.

Burdock – Is good for immunity.

Chamomile – Helps reduce inflammation, functions as a digestive aid, and has a relaxing effect on the body.

Dandelion – Enhances liver function and is a useful digestive aid.

Garlic – Is good for immunity.

Ginger – Is an anti-inflammatory & digestive aid.

Holy Basil – Naturally relieves stress and anxiety.

Lavender – Is an anti-stress essential oil and is known to be a natural antiseptic and antibiotic.

Lemon – Promotes healing, energy, and vitality.

Pau d' Arco – Is good for immunity.

Peppermint – Is a good digestive aid and anti-stress essential oil.

Turmeric – Is a powerful antioxidant, fights free radicals, protects the liver against toxins, has

antibiotic properties, and is a natural anti-inflammatory.

Topical Treatment:

1. Essential Oils – There are many different types of essential oils, and each one has a different effect on the body. For example, peppermint essential oil creates a refreshing and cooling effect, which is quite soothing during and after a stressful day.